



**BULLDOGS!**

We have fresh fruit and vegetables available every day!

Pay for meals online or setup emails  
[www.lunchprepay.com](http://www.lunchprepay.com)  
 Hit-New User

Every day Defiance City School students enjoy a healthy lunch that meets guidelines set by the National School Lunch Program. We serve lunches that follow a meal pattern designed to reflect the Dietary Guidelines for Americans. Each meal has protein, fruit and/or vegetable, grains (bread) and milk.

If your family meets the eligibility requirements, your child may receive free or reduced price meals. An adult household member needs to fill out the application, one per household, which is available at your child's school, online at [www.defiancecityschools.org](http://www.defiancecityschools.org) or by calling the food service office at 419-782-6382. Applications are taken throughout the year. **MENU SUBJECT TO CHANGE WHEN NECESSARY!**

**Follow the calendar and color key to our five week lunch cycle.**

**USDA is an equal opportunity provider and employer**

# Defiance City Schools

## 2011-2012

Breakfast \$1.50  
Reduced Breakfast \$.30  
Lunch K-5 \$2.30  
Lunch 6-12 \$ 2.45  
Reduced Lunch \$.40  
Big Meal Deal- \$ 3.25

**BREAKFAST MENU**  
**CONSISTS OF**  
**2 Proteins**  
**2 Grains or 1 of each**  
**Fruit or Juice-Milk**

August 2011	September 2011	October 2011	November 2011	December 2011	January 2012	February 2012	March 2012	April 2012	May 2012	June 2012
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### Lunch Menu #1

<b>MONDAY</b> Burrito Green Beans Mixed Fruit Milk Or Chef's Salad Or Cook's Choice	<b>TUESDAY</b> Popcorn Chicken Peas & Carrots Fresh Fruit Bread Milk Or Chef's Salad Or Cook's Choice	<b>WEDNESDAY</b> Pizza Steamed Broccoli Chilled Peas Milk Or Chef's Salad Or Cook's Choice	<b>THURSDAY</b> Goulash Vegetables & Dip Fruit Bread-Milk Or Chef's Salad Or Cook's Choice	<b>FRIDAY</b> Chili or Hot Dog Baked Beans Chips Applesauce Milk Or Chef's Salad Or Cook's Choice
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### Lunch Menu #2

<b>MONDAY</b> Chicken Patty-Bun Golden Corn Fruit Cocktail Milk Or Chef's Salad Or Cook's Choice	<b>TUESDAY</b> Taco Salad w/ Meat Tortilla Chips Fruit Treat-Milk Or Chef's Salad Or Cook's Choice	<b>WEDNESDAY</b> Pizza Mixed Vegetables Applesauce Milk Or Chef's Salad Or Cook's Choice	<b>THURSDAY</b> Meat & Gravy Mashed Potatoes Fruit Bread Milk Or Chef's Salad Or Cook's Choice	<b>FRIDAY</b> Bull Dog Sandwich Seasoned Peas Fruit-Milk Or Chef's Salad Or Cook's Choice
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### Lunch Menu #3

<b>MONDAY</b> Hamburgers-Bun Oven Potatoes Chilled Peaches Milk Or Chef's Salad Or Cook's Choice	<b>TUESDAY</b> Chicken Nuggets Golden Corn Fruit Bread Milk Or Chef's Salad Or Cook's Choice	<b>WEDNESDAY</b> Pizza Green Beans Diced Peas Milk Or Chef's Salad Or Cook's Choice	<b>THURSDAY</b> Spaghetti Tossed Salad Fruit Bread Milk Or Chef's Salad Or Cook's Choice	<b>FRIDAY</b> Pork Sandwich Mixed Vegetables Pineapple Tidbits Milk Or Chef's Salad Or Cook's Choice
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### Lunch Menu #4

<b>MONDAY</b> Mega Bites Golden Corn Diced Peas Milk Or Chef's Salad Or Cook's Choice	<b>TUESDAY</b> Sloppy Jo-Bun Oven Potatoes Oranges Milk Or Chef's Salad Or Cook's Choice	<b>WEDNESDAY</b> Pizza California Blend Applesauce Milk Or Chef's Salad Or Cook's Choice	<b>THURSDAY</b> Nachos & Cheese Seasoned Peas Diced Peaches Milk Or Chef's Salad Or Cook's Choice	<b>FRIDAY</b> Ham Sandwich Green Beans Fruit Milk Or Chef's Salad Or Cook's Choice
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### Lunch Menu #5

<b>MONDAY</b> Corn Dog Baked Beans Diced Peaches Milk Or Chef's Salad Or Cook's Choice	<b>TUESDAY</b> Ravioli Seasoned Peas Fruit Bread Milk Or Chef's Salad Or Cook's Choice	<b>WEDNESDAY</b> Pizza Steamed Carrots Fruit Mix Milk Or Chef's Salad Or Cook's Choice	<b>THURSDAY</b> Chicken Gravy Vegetable Bowl Biscuit Fruit Surprise Treat-Milk Or Chef's Salad Or Cook's Choice	<b>FRIDAY</b> Fish Sandwich Cole Slaw Applesauce Milk Or Chef's Salad Or Cook's Choice
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## **DEFIANCE CITY SCHOOL FOOD SERVICE DEPARTMENT**

THE LUNCH MEAL PATTERN HAS 5 COMPONENTS:

- |                        |   |
|------------------------|---|
| 1. Meat/Meat Alternate | OFFER VERSUS SERVE;                           |
| 2. Fruit               | A student may select all five items, however, |
| 3. Vegetable           | they need only choose 3 of the 5 items        |
| 4. Grain/breads        | in order to be counted as a student lunch.    |
| 5. Fluid/Milk          |   |

THE BREAKFAST MEAL PATTERN HAS 4 COMPONENTS:

- |  |                                 |
|--|---------------------------------|
| 1. 1 Serving Bread and 1 Serving Meat/Meat Alternate<br>OR | OFFER VERSUS SERVE:             |
| 2. 2 servings Bread or 2 servings Meat/Meat Alternate      | A student is offered all four   |
| 3. 1 serving Juice, or Fruit or Vegetable                  | components daily but may        |
| 4. 1 serving Milk  | choose 3 of the 4 items to be   |
|  | counted as a student breakfast. |

The lunch program is designed to provide one third of the student's recommended daily allowance of nutrients.

The breakfast program is designed to provide one fourth of the student's recommended daily allowance of nutrients.

### **OUR FOOD SERVICE GOAL IS:**

#### **To follow all USDA requirements and dietary guidelines and offer healthy food choices.**

1. Defiance City Schools meet all state guidelines and compliance checks that are conducted by the state of Ohio in accordance with the National School Lunch Program.
2. Defiance City Schools use recipes developed to reduce fat content.
3. More whole grain options are being offered for meals as well as snacks.
4. Fresh fruits and vegetables are available daily.

### **Milk Policy-2011-2012**

Milk is included in all lunch and breakfast meals for students. If we have a note from your child's physician about an allergy to dairy products, we now have to substitute a lactose free milk.

Note: Milk is an extra item if bought by a student who packs his/her lunch or breakfast.

### **FREE AND REDUCED INFORMATION:**

Through direct certification, a student is considered automatically eligible for a free lunch or breakfast if he or she is a member of a household receiving assistance under the food stamp program or receiving assistance under the OWF and SNAP Programs. If authorized under either of these areas, you will be notified via a letter from the school food service office that no application is needed. Please fill out the enclosed form for all members in your family who may qualify for free meals under direct certification. All other students will be given a Free and Reduced Application from their school.

### **Note:**

**To look up balances go to [www.defiancecityschools.org](http://www.defiancecityschools.org) website and click on-LUNCH ACCOUNT BALANCE and put in ID and last name.**

“In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discrimination on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY), USDA is an equal opportunity provider and employer.”